

## CLAIMS

1. Agent for producing a satiety effect and for weight loss consisting of a dried, porous gel or foam of at least one anionic polymer, characterized in that it is present as an aluminum salt.
2. Agent according to Claim 1, characterized in that it is present in compressed form.
3. Agent according to one of Claim 1 or Claim 2, characterized in that it contains alginate or pectin or a combination thereof as the anionic polymer.
4. Agent according to one of Claims 1-3, characterized in that it is present as an aluminum alginate, aluminum pectinate, or combination thereof.
5. Agent according to one of Claims 1-4, characterized in that it also contains active ingredients.
6. Agent according to one of Claims 1-5, characterized in that it contains vitamins, trace elements, or medicinal compounds as active ingredients.

7. Agent according to one of Claims 1-6, characterized in that it is administered in the form of tablets, capsules, coated tablets, granulates, or powders.

8. Use of an agent according to one of Claims 1-7 for the production of a satiety effect and for weight loss.

9. Use of an agent according to one of Claims 1-7 for regulating the cholesterol balance.

10. Use of an agent according to one of Claims 1-7 for the production of a composition for producing a satiety effect and for weight loss.

11. Use of an agent according to one of Claims 1-7 for the production of a composition for regulating the cholesterol balance.